

## 7. Abstract

A method and apparatus are provided for applying an ultrasound treatment to a portion of a human body. The method includes the steps of determining a temperature rise which the body portion will experience when a dosage limit of the ultrasound treatment has been reached. The method further includes the steps of disposing on the body portion an indicator adapted to provide a visual change at the determined temperature and applying ultrasound to the body portion until the indicator provides the visual change at the determined temperature.